

Limietenwedstrijd: Session: 2: COACH evaluation sheet for TEAM: SOS

Coachinfo: Warming up from: 13:00 untill 13:45. Teamleadmeeting @ 13:45 The listed starttimes are indicative!

Coaches: Maes Jana HEADCOACH

Coaches: Van Buggenhout Koen

PB => Personal Best time

SB => Seasons Best time: Season starting point: first of September.

Event number: 14: 100M FREESTYLE MEN 15+ Heat:6, starttime: 14:13

Heat: 6/7 Lane : 4 Athlete: SCHAUBROECK YARNO					Q-time: 00:55:25
PB (25m pool): 00:55.25 Durmehal 28/02/2026					PB (50m pool): 00:57.13 SB: 00:55.25 Durmehal 28/02/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:26.74		00:55.25	
		00:26.74		00:28.51	
					

Coach feedback:

Event number: 14: 100M FREESTYLE MEN 15+ Heat:7, starttime: 14:15

Heat: 7/7 Lane : 1 Athlete: VAN OOST MARTIJN					Q-time: 00:54:92
PB (25m pool): 00:54.92 Durmehal 28/02/2026					PB (50m pool): 00:56.64 SB: 00:54.92 Durmehal 28/02/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:26.72		00:54.92	
		00:26.72		00:28.20	
					

Coach feedback:

Event number: 15: 200M BREASTSTROKE WOMEN Heat:2, starttime: 14:21

Heat: 2/3 Lane : 4 Athlete: VAN BUGGENHOUT AMBER							Q-time: 03:15:16
PB (25m pool): 03:15.16 Temse 21/12/2025							PB (50m pool): 03:25.09 SB: 03:15.16 Temse 21/12/2025
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5 2 0 0 M
PB		00:44.77		01:34.36		02:26.40	03:15.16
		00:44.77		00:49.59		00:52.04	00:48.76
							

Coach feedback:

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Event number: 16: 200M BREASTSTROKE MEN							Heat:2, starttime: 14:34	
Heat: 2/4 Lane : 6 Athlete: LONG XIANG							Q-time: 03:20:64	
PB (25m pool): 03:20.64 Temse 21/12/2025				PB (50m pool): no time SB: 03:20.64 Temse 21/12/2025				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:44.77		01:35.24		02:27.84		03:20.64
	00:44.77		00:50.47		00:52.60		00:52.80	
								

Coach feedback:

Event number: 16: 200M BREASTSTROKE MEN							Heat:4, starttime: 14:42	
Heat: 4/4 Lane : 5 Athlete: COENE XANDER							Q-time: 02:41:98	
PB (25m pool): 02:41.98 Gent 23/02/2025				PB (50m pool): 02:46.74SB: no time				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:35.75		01:16.66		01:59.47		02:41.98
	00:35.75		00:40.91		00:42.81		00:42.51	
								

Coach feedback:

Event number: 16: 200M BREASTSTROKE MEN							Heat:4, starttime: 14:42	
Heat: 4/4 Lane : 7 Athlete: NIEMEGEERTS IVAN							Q-time: 02:47:69	
PB (25m pool): 02:47.69 Temse 21/12/2025				PB (50m pool): 02:51.87SB: 02:47.69 Temse 21/12/2025				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:38.60		01:22.15		02:06.13		02:47.69
	00:38.60		00:43.55		00:43.98		00:41.56	
								

Coach feedback:

Event number: 18: 100M BACKSTROKE MEN 15+					Heat:1, starttime: 14:48
Heat: 1/3 Lane : 2 Athlete: HEMELSOEN AARYAN					Q-time: 01:23:25
PB (25m pool): no time			PB (50m pool): 01:23.25SB: no time		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		no time	
	no time				
					

Coach feedback:

Limietenwedstrijd: Session: 2: COACH evaluation sheet for TEAM: SOS

Event number: 18: 100M BACKSTROKE MEN 15+					Heat:1, starttime: 14:48
Heat: 1/3 Lane : 5 Athlete: NIEMEGEREETS SVEN					Q-time: 01:15:32
PB (25m pool): 01:15.32 TEMSE 30/03/2025			PB (50m pool): 01:18.67 SB: 01:20.57 Temse 21/12/2025		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:36.60		01:15.32	
	00:36.60		00:38.72		
					

Coach feedback:

Event number: 18: 100M BACKSTROKE MEN 15+					Heat:1, starttime: 14:48
Heat: 1/3 Lane : 7 Athlete: VERSCHELDE THIJS					Q-time: 01:25:37
PB (25m pool): 01:25.37 TEMSE 30/03/2025			PB (50m pool): 01:25.24 SB: 01:26.20 Temse 21/12/2025		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:41.56		01:25.37	
	00:41.56		00:43.81		
					

Coach feedback:

Event number: 18: 100M BACKSTROKE MEN 15+					Heat:2, starttime: 14:51
Heat: 2/3 Lane : 2 Athlete: VERHAMME MATTS					Q-time: 01:09:45
PB (25m pool): 01:09.45 Gent 23/02/2025			PB (50m pool): 01:10.00 SB: no time		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:34.46		01:09.45	
	00:34.46		00:34.99		
					

Coach feedback:

Event number: 19: 200M MEDLEY WOMEN 13-14							Heat:2, starttime: 14:59	
Heat: 2/4 Lane : 5 Athlete: LAGA LORE							Q-time: 02:59:85	
PB (25m pool): 02:59.85 Durmehal 28/02/2026				PB (50m pool): 03:06.83SB: 02:59.85 Durmehal 28/02/2026				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:38.97		01:27.47		02:19.55		02:59.85
	00:38.97		00:48.50		00:52.08		00:40.30	
								

Coach feedback:

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Event number: 19: 200M MEDLEY WOMEN 13-14							Heat:2, starttime: 14:59	
Heat: 2/4 Lane : 7 Athlete: VANDENBUSSCHE LENA							Q-time: 03:14:31	
PB (25m pool): 03:14.31 Durmehal 28/02/2026				PB (50m pool): 03:20.64SB: 03:14.31 Durmehal 28/02/2026				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:46.56		01:37.63		02:30.55		03:14.31
	00:46.56		00:51.07		00:52.92		00:43.76	
								

Coach feedback:

Event number: 19: 200M MEDLEY WOMEN 13-14							Heat:3, starttime: 15:03	
Heat: 3/4 Lane : 4 Athlete: DIERICKX MAREN							Q-time: 02:50:00	
PB (25m pool): 02:50.00 Durmehal 28/02/2026				PB (50m pool): 02:56.15SB: 02:50.00 Durmehal 28/02/2026				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:36.42		01:20.70		02:11.27		02:50.00
	00:36.42		00:44.28		00:50.57		00:38.73	
								

Coach feedback:

Event number: 22: 100M BUTTERFLY MEN 15+					Heat:3, starttime: 15:30
Heat: 3/5 Lane : 3 Athlete: SCHAUBROECK YARNO					Q-time: 01:09:95
PB (25m pool): no time			PB (50m pool): 01:09.95SB: no time		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		no time	
	no time				
					

Coach feedback:

Event number: 23: 200M FREESTYLE WOMEN							Heat:1, starttime: 15:36	
Heat: 1/4 Lane : 1 Athlete: VANDENBUSSCHE LENA							Q-time: 03:04:05	
PB (25m pool): 03:04.05 Dendermonde. 22/11/2025				PB (50m pool): no time SB: 03:04.05 Dendermonde. 22/11/2025				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:42.08		01:29.32		no time		03:04.05
	00:42.08		00:47.24					
								

Coach feedback:

Limietenwedstrijd: Session: 2: COACH evaluation sheet for TEAM: SOS

Event number: 23: 200M FREESTYLE WOMEN							Heat:2, starttime: 15:39	
Heat: 2/4 Lane : 3 Athlete: LAGA LORE							Q-time: 02:40:76	
PB (25m pool): 02:41.83 Dendermonde. 22/11/2025				PB (50m pool): 02:40.76SB: 02:41.83 Dendermonde. 22/11/2025				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:36.47		01:17.76		no time		02:41.83
	00:36.47		00:41.29					
								

Coach feedback:

Event number: 23: 200M FREESTYLE WOMEN							Heat:2, starttime: 15:39	
Heat: 2/4 Lane : 6 Athlete: DIERICKX MAREN							Q-time: 02:41:88	
PB (25m pool): 02:41.88 Dendermonde. 22/11/2025				PB (50m pool): 02:52.50SB: 02:41.88 Dendermonde. 22/11/2025				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:37.31		01:19.66		no time		02:41.88
	00:37.31		00:42.35					
								

Coach feedback:

Event number: 23: 200M FREESTYLE WOMEN							Heat:2, starttime: 15:39	
Heat: 2/4 Lane : 8 Athlete: VAN BUGGENHOUT AMBER							Q-time: 02:48:85	
PB (25m pool): 02:48.85 Dendermonde. 22/11/2025				PB (50m pool): 03:06.94SB: 02:48.85 Dendermonde. 22/11/2025				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:39.31		01:22.51		no time		02:48.85
	00:39.31		00:43.20					
								

Coach feedback:

Event number: 24: 200M FREESTYLE MEN							Heat:3, starttime: 15:56	
Heat: 3/6 Lane : 6 Athlete: VERSCHELDE THIJS							Q-time: 02:30:59	
PB (25m pool): 02:30.59 Dendermonde. 22/11/2025				PB (50m pool): 02:31.66SB: 02:30.59 Dendermonde. 22/11/2025				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:34.95		01:13.28		no time		02:30.59
	00:34.95		00:38.33					
								

Coach feedback:

Limietenwedstrijd: Session: 2: COACH evaluation sheet for TEAM: SOS

Event number: 24: 200M FREESTYLE MEN							Heat:3, starttime: 15:56	
Heat: 3/6 Lane : 8 Athlete: LONG XIANG							Q-time: 02:36:57	
PB (25m pool): 02:52.92 Dendermonde. 22/11/2025				PB (50m pool): 02:36.57 SB: 02:52.92 Dendermonde. 22/11/2025				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:34.52		01:15.92		no time		02:52.92
	00:34.52		00:41.40					
								

Coach feedback:

Event number: 24: 200M FREESTYLE MEN							Heat:4, starttime: 16:00	
Heat: 4/6 Lane : 8 Athlete: NIEMEGEERTS SVEN							Q-time: 02:24:75	
PB (25m pool): 02:30.61 DENDERMONDE. 23/11/2024				PB (50m pool): 02:24.75SB: no time				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:33.32		01:11.67		no time		02:30.61
	00:33.32		00:38.35					
								

Coach feedback:

Event number: 24: 200M FREESTYLE MEN							Heat:5, starttime: 16:02	
Heat: 5/6 Lane : 1 Athlete: NIEMEGEERTS IVAN							Q-time: 02:12:12	
PB (25m pool): 02:12.12 Dendermonde. 22/11/2025				PB (50m pool): 02:16.69SB: 02:12.12 Dendermonde. 22/11/2025				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:31.43		01:05.12		no time		02:12.12
	00:31.43		00:33.69					
								

Coach feedback:

Event number: 24: 200M FREESTYLE MEN							Heat:5, starttime: 16:02	
Heat: 5/6 Lane : 3 Athlete: VERHAMME MATTS							Q-time: 02:07:27	
PB (25m pool): 02:07.27 Gent 23/02/2025				PB (50m pool): 02:09.06SB: no time				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:29.22		01:01.99		01:35.49		02:07.27
	00:29.22		00:32.77		00:33.50		00:31.78	
								

Coach feedback:

Limietenwedstrijd: Session: 2: COACH evaluation sheet for TEAM: SOS

Event number: 24: 200M FREESTYLE MEN							Heat:6, starttime: 16:05	
Heat: 6/6 Lane : 2 Athlete: VAN OOST MARTIJN							Q-time: 02:01:42	
PB (25m pool): 02:01.42 T ROSCO 12/10/2025				PB (50m pool): 02:06.34SB: 02:01.42 T ROSCO 12/10/2025				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:27.90		00:58.27		01:29.96		02:01.42
	00:27.90		00:30.37		00:31.69		00:31.46	
								

Coach feedback:

Event number: 24: 200M FREESTYLE MEN							Heat:6, starttime: 16:05	
Heat: 6/6 Lane : 8 Athlete: COENE XANDER							Q-time: 02:04:23	
PB (25m pool): 02:04.23 T ROSCO 12/10/2025				PB (50m pool): 02:07.25SB: 02:04.23 T ROSCO 12/10/2025				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:28.73		01:00.50		01:33.13		02:04.23
	00:28.73		00:31.77		00:32.63		00:31.10	
								

Coach feedback:

Event number: 26: 100M BREASTSTROKE MEN 15+										Heat:1, starttime: 16:13	
Heat: 1/4 Lane : 3 Athlete: HEMELSOEN AARYAN										Q-time: 99:99:99	
PB (25m pool): no time					PB (50m pool): no time SB: no time						
	2 5 M		5 0 M		7 5 M		1 0 0 M				
PB			no time				no time				
	no time										
											

Coach feedback: